



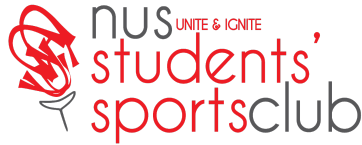
Rules and Regulations of NUS Biathlon 2020

1. General

- 1.1. The organisers reserve the right to use any photographs, motion pictures, recordings, or any other records of this race and its participants, for any legitimate purpose(s), including commercial advertising.
- 1.2. The organisers reserve the right to amend the rules and regulations without prior notification.
- 1.3. The organisers reserve the right to amend the race course without prior notice to participants.
- 1.4. The organisers reserve the right to cancel or postpone the event without prior notification, in which case, registration fees are non-refundable.
- 1.5. All results released are final and non-amendable. Requests to review the results will be considered on a case-by-case basis. An administrative fee of \$10 will be charged per request.

2. Registration and Payment

- 2.1. Participants have to be at least 16 years old to participate in the event.
- 2.2. Participants below 18 years old (as of the date of event) have to seek parental consent to participate in the event.
- 2.3. Novice Relay Teams must consist of at least 1 female.
- 2.4. Registration will not be accepted after the closing date, or on the event day itself.
- 2.5. Race entry is non-transferable and non-refundable.
- 2.6. Once the registration form has been processed and payment has been made, there will be no refunds for those who fail to turn up for the race and/or withdraw from it.
- 2.7. The organisers reserve the right to close registration before the official closing date should the number of participants reach its capacity before the date mentioned.



2.8. Upon completion of registration and payment, participants must read and abide by the rules and regulations of NUS Biathlon 2020.

2.9. The organisers reserve the right to limit and refuse entries.

2.10. The race registration will only be completed when full payment is made.

2.11. Participants who register and pay the stipulated registration fees by 24 Jan 2020 are eligible for personalised race bibs.

3. Swim Trials

3.1. The swim clinic and trial are highly recommended for all participants, with the exemption of participants who have taken part in the following events in the past one year.

4. Attire

4.1. Participants are to dress lightly for the run on the day of the event.

4.2. Swimming goggles may be worn.

4.3. Fins, paddles, pool buoys, snorkels, or any other swimming aids are NOT allowed.

4.4. Wet suits are not allowed.

4.5. All participants are required to wear the NUS Biathlon 2020 Race singlet for the run.

4.6. No running with bare torso.

5. Race

5.1. Whilst every reasonable precaution will be taken by the organisers to ensure the participants' safety, participants partake in this event at their own risk, and the organisers shall not be liable for any bodily injuries, loss and/or damage to property, whether personal or otherwise, and however it is caused.

5.2. The organisers reserve the right to remove any unattended bags at the event premises for security reasons, and will not be responsible for any losses or damages to the belongings.

5.3. A participant's failure to observe the Rules and Regulations may result in disqualification.

5.4. Participants are to report 45 minutes before his/her wave's flag off timing. The safety briefing will be conducted 15 minutes before the start time and it is compulsory for all participants to attend.

5.5. The organisers reserve the right to remove any participant deemed physically unfit to continue the race.

5.6. All warming-up for the swim must be conducted within the designated area, at the instructional pool.

5.7. Participants are required to strictly abide by the race route, as any modification to it without valid reason will be deemed as cheating, and the participant will be disqualified from the race.



- 5.8. Tagging will be done on participants' arms during the swim. Race bibs must be worn during the run. Each individual's race number must be clearly shown for accurate recording of results.
- 5.9. Participants must wear their assigned number bib on his/her chest at all times during the race. Participants without the allocated bib number will not be allowed to take part in the race. The race bib must be positioned at the front, center of race singlet and the bib number must be visible at all times. Do not cut, fold or deface the race bib, as doing so will result in a disqualification.

6. Inclement Weather

- 6.1. In the event of inclement weather, the organisers reserve the right to delay the commencement of the race.
- 6.2. Should the inclement weather persist after delay, the Organisers reserve the right to cancel the race without any refund of registration fees.
- 6.3. In the event of light rain with no Cat1 status, the organizer reserves the right to continue, delay, or cancel the run.
- 6.4. The swim will continue regardless of weather conditions, and will be conducted in the indoor pool when necessary.

7. Medical Advisory

- 7.1. Should any participant feel unwell in the course of the race, he/she should stop and seek immediate medical attention at the medical posts or marshals along the route.
- 7.2. Participants are to ensure that they are well rested and well hydrated prior to the race.
- 7.3. Participants are advised not to attend the event should they have fever, cough, breathing difficulties or severe muscle ache.
- 7.4. Participants are advised to consult their family doctors to certify them fit to participate in the event.
- 7.5. Participants are to complete the indemnity form, health declaration, and swimming ability form and submit the forms on the day of swim trial.
- 7.6. To minimise injuries, participants should do at least 15 minutes of warm-up or stretching before the start, and at the end of their course.
- 7.7. Participants are advised against the consumption of alcohol, stimulants, or any kind of drugs, within 24 hours before the race.